

KARL DOUGLAS NIELSON, M. D., INC.

DIPLOMATE, AMERICAN BOARD OF NEUROLOGICAL SURGERY

A PROFESSIONAL CORPORATION

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Dear Mother,

I have waited some time since my last letter to hear your reply to the serious concerns I expressed over your drinking problem. You did not talk to me about your alcoholism, and you have not written to me. I am now frightened for you. At the beach you appeared to be chronically and fairly seriously ill with swelling and pasty complexion which spells out liver disease to me. You are on a self-destructive, probably fatal course if you do not change immediately.

As much as it pains me to realize it, and as difficult as it is for me to say it, you are an alcoholic beyond all self-control or self-help. You must admit your helplessness and the fact that alcohol controls you and get immediate professional help. Either get to

THE UNIVERSITY OF CHICAGO

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the drug and alcohol service in Heber or
in Salt Lake or call me and I will
arrange for admission to a hospital here
where you can preserve anonymity.

The entire family is embarrassed,
ashamed, frightened, and shocked by your
drinking. You must stop and you must
seek real help to do so. Please let me
help you or get a doctor in Heber to
help.

Love
Doug

Pay - For your information
- Long